

Abstract

An exercise apparatus and method. Typically, the exercise apparatus includes a frame, and left and right pedals interconnected to the frame. The left and right pedals are adapted to be moved in any one of the following ways: in a substantially vertical direction, in a substantially horizontal direction, and simultaneously in a substantially vertical direction and a substantially horizontal direction. The apparatus may include a pedal support assembly interconnecting the pedals to the frame. The pedal support assembly typically includes a horizontal guide assembly configured to enable the pedals to move horizontally, and a vertical guide assembly configured to enable the pedals to move vertically. Additionally, the apparatus may include a resistance subsystem configured to selectively apply a resistance force against the motion of the pedals. The resistance subsystem may be used to limit motion of the pedals to a predefined pedal path within the range of motion.